



FREE

**OUTER
CAPE**

Blood Pressure, Glucose and Nutrition Check



Drop-in for a free screening with a County Health Nurse and nutrition information on where to buy local food and maintain a healthy lifestyle.



Meet a County Nutritionist for information or a nutrition demonstration!

Orleans Senior Center, 150 Rock Harbor Rd.

Mondays, 10am - 12pm: April 3rd, 10th, 24th. *No event April 17th



Meet with the Nutritionist April 3rd, 10th,

Eastham Senior Center, 1405 Nauset Rd.

Tuesdays, 9am - 11 am: April 4th, 11th, 18th, 25th.



Meet with the Nutritionist April 4th, 25th.

Wellfleet Public Library, 55 W. Main St.

Thursdays, 10:30am - 12:30pm: April 6th, 13th, 20th, 27th.



Meet with the Nutritionist April 6th, 20th

Truro Council on Aging, 7 Standish Way.

Tuesdays, 1 pm - 3pm: April 4th, 11th, 18th, 25th.



Meet with the Nutritionist April 4th, 25th.

Provincetown Public Library, 356 Commercial St.

Wednesdays, 10:30am - 12:30pm: April 5th, 12th, 19th, 26th.



Meet with the Nutritionist April 12th, 26th.



www.capecod.gov/BuyLocal4Health

